

## **ADRC Education Workshops**

All programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to:

- Empower participants to adopt healthy behaviors.
- Improve the health status of participants.
- Help participants prevent the onset or progression of disease health problems.

### **A Matter of Balance: Managing concerns about Falls**

*A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. The program consists of eight two-hour sessions led by trained facilitator. Falling is not a natural part of aging and by assessing your risk factors and making changes to your environment can be avoided. Participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, find ways to reduce fall risk factors by making changes their environment and learn simple exercises to increase strength and balance.

*(No scheduled workshops at this time)*

*We are in need of sites willing to host this workshop please call if interested*

### **Be Strong - Stay Strong (Strong Bones)**

Osteoporosis is a serious medical condition for both men and women. The good news is that osteoporosis is a preventable and treatable disease. Strong Women™, developed at Tufts University, is a national evidence based community program targeted to midlife and older women / men. The complete Strong Bones program aims to prevent or manage osteoporosis through sound nutrition and targeted exercise. The 10 – 12 week workshop helps participants maintain muscle mass, strength and function as they age. Classes meet twice weekly for 1 hour. Workshop is a collaborative effort between the ADRC and UW Extension.

*(No scheduled workshops at this time)*

*Workshops to resume in Fall 2017*

## **Boost Your Brain & Memory**

*Boost Your Brain and Memory* is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities, guide adults through a series of Physical, Emotional, Intellectual, Nutritional, Spiritual, and Social activities that can lead to improved brain health. Each of the 7 or 8-weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Wednesdays, September **13, 20, 27, 22**, October **4, 11, 18**, Nov. **1**, 2017 (8 weeks)

Time: 10:00 – 11:30 am light snack offered (Open to Public)

Location: **Aurora Summit Medical Center – Gifford Room**

36500 Aurora Drive

Summit, WI 53066

Contact: Trish Golden @ Aurora Summit: (262) 434-1248 or online [www.aurora.org/events](http://www.aurora.org/events)

Class size: 20 maximum participants

Tuesdays, **September 19** through **November 7** 2017 **No CLASS 10/10** (7 weeks)

Time: 9:30 – 11:00 am Open to Public

Location: **ADRC of Waukesha County**

**Room 112**

514 Riverview Ave

Waukesha, WI 53188

Contact: ADRC (262) 548 - 7848

Class size: 20 maximum participants

Tuesdays, September **26**, October **3, 10, 17, 24, 31**, **November 7**, 2017 (7 weeks)

6:00 p – 7:30 pm Open to the Public

Location: **St. Anthony on the Lake**

W280 N 2101 Prospect Ave.

Pewaukee, WI 53072

Registration Contact: Parish Office (262) 691-1173 or ADRC of Waukesha (262) 548-7848

Class size: 25 maximum participants

Tuesdays, **October 10** through **November 28**, 2017 (7 weeks)

10:00 a – 11:30 am Open to the Public

Location: **New Berlin Public Library**

15105 Library Lane

New Berlin, WI 53151

Registration Contact: (262) 784-4980 (reference desk)

Class size: 25 maximum participants

Tuesdays, **January 16** through **February 27** 2018 (7 weeks)

Time: 9:30 – 11:00 am Open to Public

Location: **YMCA of Waukesha  
Community Room**

320 East Broadway  
Waukesha, WI 53186

Contact: Membership Desk: 542-2557

Class size: 15 maximum participants

## **Chronic Pain Self - Management**

For adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Participants are given information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges. This workshop meets for 2.5 hours over 6-weeks. This workshop includes use of the Chronic Pain Workbook and Moving with Ease exercise CD.

Mondays, **June 12** through **July 24**, 2017 (no class 7/3) (6 weeks)

6:00 p – 8:30 pm light snack offered

Location: **Waukesha Memorial Hospital  
Conference room 3**

725 American Ave.  
Waukesha, WI 53186

Contact: ProHealth Class registration (262) 928-2745

Cost: Complimentary. (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

Tuesdays, **September 6** through **October 11**, 2017 (6 weeks)

1:30p – 4:00pm light snack offered

Location: **Oconomowoc Area Senior Center**

210 South Main Street  
Oconomowoc, WI 53066

Contact: Main office (262) 567 - 4288 or ADRC of Waukesha County (262) 548-7848

Cost: Complimentary. (\$30 refundable workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

Tuesdays, **September 19** through **October 24**, 2017 (6 weeks)

10:00 a – 12:30pm light snack offered

Location: **Brookfield Highlands Community Room**

20825 George Hunt Circle  
Waukesha, WI 53186

Contact: Rani @ (262) 798-9612 or ADRC of Waukesha County (262) 548-7848

Cost: Complimentary. (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

June 7, 2017

Continued

## **Chronic Pain Self - Management**

For adults living with chronic pain and for those who support them. Participants are given information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their Chronic Pain symptoms and challenges.

Mondays, **September 25** through **October 30**, 2017 (6 weeks)

1:30 p – 4:00pm light snack offered

Location: **Hickoryview Commons Community Room**

211 South Concord Road

Oconomowoc, WI 53066

Contact: ADRC of Waukesha County (262) 548-7848

Cost: Complimentary (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

Thursdays, **October 26** through **December 7**, 2017 (no class 11/23) (6 weeks)

10a – 12:30 light snack offered

Location: **Shorehaven Center for Life Enrichment**

West Wisconsin Ave

Oconomowoc, WI 53066

Contact: (262) 354-1375

Cost: Complimentary (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

Tuesdays, **November 7** through **December 19**, 2017 (6 weeks)

1:00p – 3:30p light snack offered

Location: **Aurora Summit Medical Center – Pabst Room**

36500 Aurora Drive

Summit, WI 53066

Contact: Trish Golden @ Aurora Summit: (262) 434-1248 or online [www.aurora.org/events](http://www.aurora.org/events)

Class size: 20 maximum participants

## **Eat Better Move More**

Eat Better Move More meets for ~1 ½ hours, and includes both nutrition information and exercises important for keeping older adults healthy and independent. **Part 1** follows MyPlate guidelines. **Part 2** follows DASH (Dietary Approaches to Stop Hypertension) Diet nutrition guidelines. Safe exercises to promote balance, strength, flexibility and endurance are important components of these sessions. Participants may be asked for approval from their medical provider before beginning the program. For adults aged 60+. (Presented in collaboration with Mount Mary University Dietetics Department students.)

*(No scheduled workshops at this time)*

*Workshops to resume in Fall 2017*

## **Healthy Living with Diabetes**

This workshop is ideal for any adult with Pre-diabetes or type 2 Diabetes as well as those adults living with someone who has Diabetes or Pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... Rather it complements it.

Tuesdays, **June 13** through **July 25**, 2017 (6 weeks)

10:00a – 12:30pm Open to the Public / Light snack offered

Location: **Brookfield Highlands Community Room**  
20825 George Hunt Circle  
Waukesha, WI 53186

Contact: Rani @ (262) 798-9612 or ADRC of Waukesha County (262) 548-7848

Cost: Complimentary. (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

Mondays, **September 11** through **October 16**, 2017 (6 weeks)

1:30 p – 4:00pm Open to the Public / Light snack and refreshment offered

Location: **Waukesha Memorial Hospital**  
**Conference Room 4** (first floor, west entrance)  
725 American Ave.  
Waukesha, WI 53188

Contact: ProHealth Care class registration (262) 928-2745 or  
ADRC of Waukesha County (262) 548-7848

Cost: Complimentary includes workbook

Class size: 10 min. - 20 maximum participants

## **Living “Life” Well with Chronic Conditions**

This workshop focuses on learning information and skills to better manage the daily aspects of chronic conditions. It is appropriate for adults, who are not suffering from dementia, that have one or more chronic (ongoing) health condition. And those who live with someone who has a chronic or ongoing health condition. Examples of ongoing / chronic conditions are: Heart and lung problems, high blood pressure, high cholesterol, chronic pain, Arthritis and Asthma, as well as Crohn’s disease and Depression. During this highly participative 6 week workshop you will learn practical ways to deal with complications that arise when living with ongoing health condition. Participants learn to manage and maintain healthy active lives. You will Feel Better, Be in Control and Do this Things YOU want to do.

**Mondays, July 10 through August 14, 2017 (6 weeks)**

10a – 12:30 light snack offered

Location: **Waukesha Memorial Hospital  
Conference room 1 & 2**

725 American Ave.

Waukesha, WI 53186

Contact: ProHealth Care Class registration (262) 928-2745

Cost: Complimentary. (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

**Wednesdays, August 9 through September 13, 2017 (6 weeks)**

9:30 a – 12:00 light snack offered

Location: **Waukesha County HHS  
Room 113**

514 Riverview Ave.

Waukesha, WI 53188

Contact: ADRC of Waukesha (262) 548-7848

Cost: Complimentary. (\$20 refundable workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

**Wednesdays, September 13 through October 18, 2017 (6 weeks)**

1:00 – 3:30 pm light snack offered

Location: **Aurora Summit Medical Center – Gifford Meeting Room**

36500 Aurora Drive

Summit, WI 53051

Contact: (888) 863-5502 or online [www.aurora.org/events](http://www.aurora.org/events)

Questions: Trish Golden: (262) 434-1248

Cost: Free (includes workbook and CD)

## Living “Life” Well continued

It is appropriate for adults, who are not suffering from dementia, that have one or more chronic (ongoing) health condition. And those who live with someone who has a chronic or ongoing health condition. You will learn practical ways to deal with complications that arise when living with ongoing health condition. You will Feel Better, Be in Control and Do this Things YOU want to do.

Mondays, **September 11** through **October 16**, 2017 (6 weeks)

1:00p – 3:30p (light refreshment included)

Location: **Community Memorial Hospital – Treiber Conference Center**

W180 N8085 town Hall Road

Menomonee Falls, WI

Contact: (800) 272-3666 or [www.froedtert.com/living](http://www.froedtert.com/living)

Cost: Free (\$20 workbook available for purchase)

Class size: limited to 20 participants

Fridays, **September 29** through **November 3**, 2017 (6 weeks)

10 a – 12:30 light snack offered

Location: **Waukesha Memorial Hospital**

**Conference room 1 & 2**

725 American Ave.

Waukesha, WI 53186

Contact: ProHealth Care Class registration (262) 928-2745

Cost: Complimentary. (workbook deposit suggested)

Class size: 10 min. - 16 maximum participants

## Powerful Tools for Caregivers

Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self care. Caregivers will learn how to reduce stress, improve communication, set action plans and solve problems. It offers solid information on hiring in home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care through the ADRC is possible upon request.

~~Saturdays, **October 7** through **November 11**, 2017 (6 weeks) Canceled due lack of Workshop Facilitators~~

~~10:00a – 11:30 am light snack offered~~

~~Location: **Aurora Summit Medical Center – Gifford Meeting Room**~~

~~36500 Aurora Drive~~

~~Summit, WI 53051~~

~~Contact: (888) 863-5502 or online [www.aurora.org/events](http://www.aurora.org/events)~~

~~Questions: Trish Golden: (262) 434-1248~~

## **Stepping On (falls prevention) workshop**

This 7 week program is perfect for active senior adults who have fallen in the past year or have a “healthy respect” for the consequences of a fall. This highly interactive workshop covers exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention. Simple balance and strengthening exercises are taught beginning at session #1. Active, independent living adults without dementia will see the most improvement.

Fridays, **July 21** through **September 1**, 2017 (7 weeks + reunion class)

10a – 12:00 light snack offered

Location: **Waukesha Memorial Hospital  
Conference room 1 & 2**

725 American Ave.

Waukesha, WI 53186

Contact: ProHealth Care Class registration (262) 928-2745

Cost: Complimentary.

Class size: 15 maximum participants

Thursdays, **August 7** through **October 5**, 2017 (7 weeks + reunion class)

2:00p – 4:00p light snack offered

Location: **Aurora Summit Medical Center  
Vince Lombardi Cancer Clinic**

365000 Aurora Drive.

Summit, WI 53066

Contact: (262) 434-2600

Cost: Complimentary.

Class size: 15 maximum participants

Thursdays, **September 7** through **October 19**, 2017 (7 weeks + reunion class)

10a – 12:00 light snack offered

Location: **Shorehaven Life Enrichment Center**  
1301 West Wisconsin Ave.

Oconomowoc, WI 53066

Contact: (262) 354-1375

Cost: Complimentary.

Class size: 15 maximum participants

Thursdays, **September 21** through **November 2**, 2017 (7 weeks + reunion class)

10:00a – 12:00pm Open to the Public / Light snack offered

Location: **Dickson Hollow Apartments**  
W156 N4881 Pilgrim Road  
Menomonee Falls, WI 53051

Contact: Jenny @ (262) 599-8321 or ADRC of Waukesha County (262) 548-7848

Cost: Complimentary. (Ankle weight deposit suggested if using outside of class)

Class size: 10 min. - 15 maximum participants



## **Stepping On continued**

Participants are empowered to take an active role in fall prevention. Weekly topics explore the role vision, medications, sleep, home hazards and footwear play in falls prevention.

Wednesdays, **September 27** through **November 8**, 2017 (7 weeks + reunion class)

1:00p – 3:00p Open to the Public / Light snack offered

Location: **Brookfield Senior Center- Recreation Center**

2000 North Calhoun Road

Brookfield, WI 53005

Contact: Virginia T. @ (262) 782-1636 or ADRC of Waukesha County (262) 548-7848

Cost: Complimentary. (refundable ankle weight deposit suggested)

Class size: 10 min. - 15 maximum participants

Wednesdays, **October 4** through **November 15**, 2017 (7 weeks + reunion class)

9:30a – 11:30a Open to the Public / Light snack offered

Location: **Muskego Public Library**

573 W16663 West Janesville Road

Muskego, WI 53150

Contact: Registration @ (262) 971-2100 or ADRC of Waukesha County (262) 548-7848

Cost: Complimentary. (Ankle weight deposit suggested if using outside of class)

Class size: 10 min. - 15 maximum participants

## **Sip -N- Swipe Café**

A Sip & Swipe Café is a series of four one-hour sessions where older adult learners get a beverage (Sip) and to work with a coach alongside 1 or 2 other learners each using a tablet (Swipe). The software is designed to be self-paced; each learner reads the instructions and progresses at his/her own rate. Tablets provided in collaboration with Generations On Line or bring your own.

Waukesha County Sites: Alice Baker Library, Eagle (262) 534-2800

Muskego Public Library, Muskego (262) 791-2100

Northlake-Town Hall Library, Northlake (262) 966-2933

For those interested in self-learning: Available for both IOS and Android

Search: "*Generations on Line*" in your google play or iTunes store